

EnergyBody

Residential Workshop

2019 Website Program Description

The Monroe Institute® presents EnergyBody – a 5-day/6-night exploration of the energy that you are. Knowledge of yourself as energy – along with the tools you'll gain in the program, allow you to create the life you yearn for. Discover how to **activate** and **increase** your energy to **create vibrancy** and **vitality** in all aspects of your life.

Explore the human body's various energy points that promote a healthy body and mind. Learn how to stimulate vital organs to promote health and well-being. Connect with your will, self-confidence, and personal power.

**Learn to activate your personal energy/consciousness system.
Access your infinite potential.**

I AM READY TO EXPLORE!

Created by TMI Trainer and Energy Healer Patty Ray Avalon, this unique program empowers you with the ability to increase and manage your personal energy. Discover how to make **positive shifts in your life** in the form of better health, vitality, financial abundance, quality relationships, clarity, and more!

Learn energetic tools and techniques to create more success, joy and personal power. Discover life-changing methods to:

- Activate and focus your energy to remove imbalances and blocks
- Connect with your will, self-confidence, and personal power
- Learn conscious practice for out-of-body exploration
- Release stuck emotional energy and shift into empowered states for manifesting your desires
- Tune up your chakras and create vibrancy and vitality in your body
- Learn how to stimulate vital organs to promote health and well-being



Experience Your Limitless Self by experiencing your personal source of unlimited energy.

Our EnergyBody Program is an incredible way to discover how to ***tap into your potential*** as an energetic being. This transformational experience is only offered once this year and will undoubtedly fill up quickly. We highly recommend **reserving your space in advance.**

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Your Guide for this Exploration: Patty Ray Avalon



Patty Ray Avalon is creator and lead trainer of The EnergyBody Program. She is a highly talented artist, healer, energy worker, and teacher of consciousness enhancing techniques. Patty is a graduate and former faculty member of the Barbara Brennan School of Healing and has been a Residential Trainer at The Monroe Institute for over fourteen years. She created over 35 Hemi-Sync exercises through Monroe Products and continues to facilitate programs every year.

Your Facility for this Journey: The Monroe Institute



TMI is the premier experiential residential education center for exploring expanded states of consciousness. For the past 40 years, literally tens of thousands of people just like you have attended our residential programs. People from all walks of life including doctors, engineers, healers, therapists, clergy, homemakers, artists and many more have journeyed to our facilities looking to expand their consciousness and discovering many of the answers to the life's mysteries along the way.

Our Powerful 5-day/6-night All-inclusive Embodied Consciousness Program Offers:

- Daily consciousness exploration facilitated by our skilled trainers
- Semi-private accommodations
- 3 delicious home-style meals a day
- Transportation to and from airport (see details)
- As well as access to walking/hiking trails, complimentary WiFi and massage therapy upon request (additional fee)

Save when you register early: Discount applies to program balance and not deposit:*

- Save \$400—180 days in advance
- Save \$300—120 days in advance
- Save \$100—90 days in advance

**Program exclusions may apply. Discounts are limited to certain Virginia campus programs.*

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A *shift* in your energetic frequency can have an *instant* and *dramatic* impact on every aspect of your life. Benefits of raising your vibration and feeling higher and finer energy can help you in:

- Awakening your consciousness
- Heightening your intuition
- Accessing greater creativity
- Awakening your consciousness

- Gaining inner wisdom
- Rejuvenating your body, mind and spirit

What participants have to say about Energy Body program

"As I was walking my land, I became aware of how deep we went in the class. I started a process which thrust me forward in such a manner that it not only continues today but will for quite some time." - J.T.

"It was a wonderful week to focus my mind, body, energy body, and spirit as a way to support my well-being. Your workshop is appropriate for someone who is curious about the energy body with little background, or has studied energy medicine. Many techniques to take home and incorporate in daily practices to enhance physical-emotional-mental-spiritual well-being." - N.S.

"I would like to share how important it was for me to be in this amazing program. I feel now I have tools ... that I can really use in my daily routine to be more aligned and grounded. I'm really grateful!" - F.L.

"Of all the sessions I have experienced at Monroe I can say the Energy Body was the most useful of all. While each residential experience has given me new information, exciting experiences and introduced me to others along this same journey, only Energy Body heightened my awareness of my own energy and showed me how to raise my vibration. Patty and Jean filled the between session time with group meditations, OM circles and other experiences which definitely helped keep our vibrations high all through the day. I look forward to my next energy body session in August" - Kitty K.

" 'Go with the flow' takes on new meaning as you root/ground, clear, energize, heal and balance to the soothing voice of energy expert Patty Ray. I continue to listen to your CDs. Thanks for your wonderful programs." - Arden B.

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Note: Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Hemi-Sync®.